

Post Shorts

Recycling schedule



The residential and recycling pickup schedule for April 5, is plastic, glass and metal. Put items in blue bags, and place them on the curb.

Daylight-saving time begins April 2



Clocks should be turned forward one hour before retiring for the night on April 1. Daylight-saving time begins at 2 a.m., Sunday April 2.

CAC PIN reset operations at APG

The APG Directorate of Information Management is conducting CAC resets at building 316, Johnson Street, 8 to 11:30 a.m. every Tuesday and Thursday and by appointment only.

For more information and to have the CAC reset on non-scheduled days, contact Irving Sherrod, 410-278-3193 or Edna Lobodzinski, 410-278-4012.

Wanted: Cashier for Thrift Store

The Aberdeen Proving Ground Thrift Store, located in building 2458, is taking applications for a cashier. This is a paid position.

For more information, call 410-272-8572.

RAB meeting scheduled tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., March 30, at the Edgewood Senior Center on Gateway Road.

The topic of the meeting will be an update on the Canal Creek and J-Field study areas.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

MCSC offers scholarships

The Military and Civilian Spouses' Club will administer two scholarships this spring for the 2006-2007 academic year.

The First Command Educational Foundation Scholarship is \$1,000, awarded to college-bound high school and college students enrolled in

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AFAP symposium tackles Army issues

Story by
YVONNE JOHNSON
APG News

The Army's annual self-examination, known as the Army Family Action Plan Symposium, drew more than 70 people to Top of the Bay for two days of brainstorming about ways to improve services to Soldiers, civilians and their family members March 14 through 16.

Sarah Staats, Army Community Service AFAP coordinator, and a host of facilitators, recorders, transcribers and subject matter experts coordinated the event.

Celestine Beckett, ACS director, welcomed supporters and workgroup participants to the opening ceremony March 14, and Aberdeen Proving Ground Commander Maj. Gen. Roger A. Nadeau gave remarks and introduced guest speaker Tammy Trainor, ACS director, Picatinny Arsenal, N.J.

Nadeau said that with major changes on the horizon due to base realignment and closure a lot of things require examining.

"Now is a very good time to

ask as many questions as possible," Nadeau said. "I encourage you to ask your questions and not get frustrated by the answers."

Trainor talked about the AFAP process and what happens to issues once they reach the Department of the Army level.

"When issues you are talking about now make it up to DA, it's a great accomplishment and something you should be proud of," she said. "AFAP is the voice of the future and this is your chance for your voice to be heard."

The AFAP symposium consists of workgroups made up of members representing all sectors of the installation, addressing current problems or conditions and suggesting viable resolutions.

The groups include facilitators, or leaders who guide the discussions, subject-matter experts who serve as advisors, recorders and transcribers.

The workgroup categories for the 2006 AFAP Symposium included Community Service, Family and Force

Support, Housing and Relocation, Medical and Youth Services.

Over the two days, the groups met for discussions, selected the three most important issues for their group, and by group consensus, narrowed down the best solution.

The symposium conclusion on March 16 consisted of an out-briefing for APG Garrison Commander Col. John T. Wright.

"Our focus is on the basic needs to keep this installation functioning," Wright said. "As we continue to fight the War on Terror, we still have to take care of the bills."

"Everyone is invited to give input through town hall meetings, area coordinators and by other means of bringing issues up the chain. We, as leaders will sit down and look at recommendations and we will put it through every outlet to let you know where we are with it."

"I hope you feel good about your time here the past few days," he added.

Beckett thanked all sup-

porters including the APG Federal Credit Union, photographer Ralph Broth, and the U.S. Marine Corps Detachment.

"Your help was worth more than you know," Beckett said.

She announced that Staats will deploy with her family to Europe this summer and asked all to personally thank her.

"Without her putting this all together it just wouldn't happen," Beckett said.

Staats, who also oversees the Army Family Team Building and Army Volunteer programs, said the 2006 AFAP "went really well."

"We had 120 issues this year, up from 90 last year," Staats said.

The key was that all involved took their roles seriously, she added.

"We had a really great group of delegates from all over the community who were passionate about the issues and worked real hard for answers," she said.

Nancy Hartman, volunteer facilitator for the Community Services Workgroup, agreed.

"The group was fantastic," Hartman said. "We probably had the largest number of issues to get through, but we had Soldiers, civilians, spouses and a nice mixture of people who live and work on post."

She said that when the group encountered similar topics they combined them into one subject.

Hartman is the wife of Lt. Col. Richard Hartman, executive officer, U.S. Army Ordnance Center and Schools.

Maj. Jeffrey Winston, commander of APG Garrison's Headquarters and Headquarters Company, was the facilitator for the Family and Force Support group.

"I was really proud to be part of the AFAP and proud of the hard work of all the delegates in my group," Winston said. "This group was very calm, methodical and focused on the issues at hand."

"This was my second year as facilitator. I would encourage everyone to submit issues if they have a problem with the installation or the Army," he

See AFAP, page 15

AMC commander hosts APG town hall meeting

Story by
YVONNE JOHNSON
APG News

Gen. Benjamin S. Griffin, commander of the U.S. Army Materiel Command, took time out from a two-day visit to Aberdeen Proving Ground to meet with members of AMC organizations based at the installation during a Town Hall meeting at the Post Theater March 24.

Dr. Robin Keesee, deputy to the commander, U.S. Army Research, Development and Engineering Command, escorted Griffin. The meeting was attended by leaders and personnel from RDECOM, the U.S. Army Research Laboratory, Chemical Materials Agency, Edgewood Chemical Biological Center and Army Materiel Systems Analysis Activity.

Griffin applauded the efforts of the organizations.

"We cannot accomplish anything without the great job you do here at APG," he said.

He briefed attendees on the transitions facing AMC, upcoming changes under the Base Realignment and Closure initiative, innovations in the defense mission and the War on Terror, and took questions from the audience.

In closing, he thanked all for "supporting the Soldier Creed and maintaining Army values."

"Thank you for what you do," he said. "The folks right here on the ground are making the difference. All I can say is don't stop doing what you are doing."

"I'm not just saying that because I'm here," he added. "I'm telling you that because you are making a difference."



Photo courtesy of ATTC
Brig. Gen. Michael Combest, right, commander, U.S. Army Developmental Test Command, passes the colors to Command Sgt. Maj. Allen Fritzsching as Col. Christopher Sullivan, commander of the Aviation Technical Test Center, Fort Rucker, Ala., looks on.

New CSM takes reigns at DTC

Story by
ALEX MASIAK
Fort Rucker, Ala.

The U.S. Army Developmental Test Command officially gave responsibility to its new command sergeant major during a ceremony Feb. 7 at Cairns Army Airfield on Fort Rucker, Ala.

DTC's Aviation Technical Test Center hosted the ceremony for Command Sgt. Maj. Allen Fritzsching, who replaces Command Sgt. Maj. Larry Robinson.

The ceremony's guest speaker was Brig. Gen. Michael L. Combest, commander of DTC.

"We are privileged to have you among our ranks," Combest said. "He is an example for all of us," Combest added. "He is what we should all

strive to be."

Fritzsching thanked the commanding general during his acceptance speech and said it was an honor to serve as DTC's new command sergeant major.

"I will strive to do everything in my capacity to ensure that the Developmental Test Command meets or exceeds the Army standard in everything that we do in accomplishing our mission," he said.

Fritzsching added that, along with his experience, he also brings DTC "a voice for the Soldier and, most importantly, a voice for the war fighter."

A native of Houston, Texas, Fritzsching's career as a Soldier began at Fort Jackson, S.C., in 1985, where

See FRITZSCHING, page 15

CAC Cryptographic Logon will ensure computer security

USAGAPG DOIM

Aberdeen Proving Ground, along with the rest of the Army, is about to enter a new era of information systems security. Recent Department of Defense policies and directives to create a more secure computing environment will change the way employees access the network.

The new program will help protect Army information systems from compromise, according to Robert Stevens, the APG Garrison Directorate of Information Management's project manager for Common Access Card Cryptographic Logon.

The Army is gradually phasing out the use of username and password authentication, as users will soon be required to use their DEERS/RAPIDS-issued CAC to access the network.

"CCL provides greater security than simply typing a username and password," Stevens said. "Because CCL

requires you to insert your CAC and type in a personal identification number, the user is providing two forms of unique authentication—something they have and something they know. Unlike a password, your PIN is not transmitted over the network. CCL will significantly reduce the risk of unauthorized access and enhance the security posture of Army networks."

The Army's ongoing strategy for information assurance and information systems protection has always included the implementation of a CAC Cryptographic Logon capability, according to Stevens. With the distribution of CAC cards and necessary infrastructure modifications, the Army is now ready to deploy CCL.

In the next stage of CCL implementation, users can expect to receive instructions that will direct them to an official Web site that will allow them

See CAC CARD, page 13

Getting involved in Earth Day

Story by
ROLAND FORNOFF
DSHE – Ecco Verde, Inc.

This year marks the 36th annual Earth Day celebration. The first Earth Day in 1970 rallied over 20 million Americans from around the country and on college campuses to get involved in environmental "teach-ins," resulting in the largest grassroots mobilization in U.S. history.

Out of these events emerged what has come to be known as the environmental movement and the first environmental legislation, the Clean Air and Clean Water acts.

Aberdeen Proving Ground continues to do its part in environmental compliance.

Anyone working on post should watch their e-mail for a survey from the Directorate of Safety, Health and Environment Pollution Prevention office entitled "Is Your Home an Energy Hog?" The first 20 people to fill out the survey and return it will receive an Arbor Day Foundation seedling.

Also, the Pollution Prevention office will be analyzing hazardous material inventories on post. A Pollution Prevention certificate will be awarded to the activities with the most accurate inventories containing the least old stock.

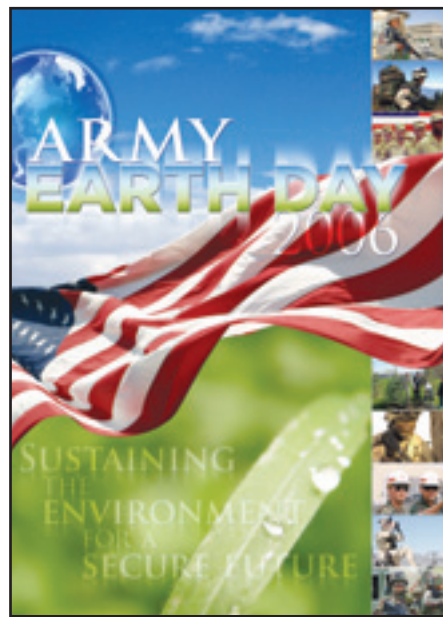
A limited number of Army Earth Day posters are available at DSHE. For more information, call 410-306-2274.

In addition, there are many events scheduled off post in celebration of the holiday.

April 1:

The Maryland Chapter of the American Chemical Society will hold its 3rd Annual Pre-Earth Day Cleanup event 9 a.m. to noon at Herring Run Park in Baltimore.

April 22:



The City of Aberdeen celebrates Earth Day 11 a.m. to 4 p.m. at Festival Park. The day includes live music, environmental groups/vendors; recycled games and prizes; moon bounce, a rock climbing wall; free tie dye T-shirts and other featured door prizes.

Havre de Grace Maritime Museum: Learn about native plant species, the art of Bayscaping and the unique environment of the Upper Bay and Susquehanna Region 11 a.m. to 5 p.m. Event is free. For more information, visit www.hdgmaritimemuseum.org or call 410-939-4800.

Lower Susquehanna Heritage Greenway: Annual Earth Day regional shoreline clean-up on post. Several groups will pick-up debris along the lower Susquehanna River 10 a.m. to 1 p.m. The event is free, includes lunch, and participants will receive a T-shirt. For more information, call 410-457-2482 or visit www.hitourtrails.com.

The National Aquarium in Baltimore will hold Cleanup day at Fort McHenry National Monument. Call 410-576-3851 to sign up. Space is limited.



Photos courtesy of VISD
An exhibit designed by the Aberdeen Proving Ground Visual Information Services Division featuring a mock house filled with Army technology and spin-off commercially produced products sits on display at the National Science Center's Fort Discovery in Augusta, Ga.

Garrison visual arts activity impacts commands worldwide

Story by
YVONNE JOHNSON
APG News

Few people are aware that the Aberdeen Proving Ground Directorate of Information Management includes a group of experts whose sole purpose is to bring ideas to life. Just about anything that can be imagined they can create.

The Visual Information Services Division supports not only the garrison and the installation but other commands throughout the country with eye-pleasing exhibits and displays, ranging from the size of a book to a small house, literally.

Phillip Mackenzie, visual information specialist and exhibits team leader, leads the graphic designers, artists and craftsmen who produce the one-of-a-kind displays. He said the team stays busy year-round fulfilling requests predominately from the U.S. Army Materiel Command and other Army elements.

"We regularly have people traveling to various parts of the world," MacKenzie said. "One of our team members, Earl Floran, works almost exclusively on the international air show projects for the Army, Navy and Air Force, and we have an agreement with the Pentagon's Defense Security Cooperation Agency to facilitate exhibit management for most of these events."

"We have the experience and equipment to get this work done and we're saving a lot of money by consolidating this work here at APG," he added.

One Defense Department sponsored event the VISD participates in regularly includes the EUROSATORY, the largest global exhibition

of cutting-edge ground combat land and land-air defense equipment manufacturers in the world, which is held in Paris, France, every other year. VISD produces and manages an exhibit cosponsored by AMC and the U.S. Army Security Assistance Command. The 2004 EUROSATORY drew some 45,000 visitors and 977 exhibitors from 45 countries.

The chief of VISD, Larry Dumm, also manages a wide range of other creative services for the installation.

In addition to exhibit and display work, the VISD's video production team, headed by Jim Bridges, created a short documentary about the installation titled, "APG: A Great Place to Live, Serve and Play," which Garrison commander Col. John T. Wright has encouraged post organizations to include in their presentations to government and public audiences.

"Visual arts and artists are a unique element in the Army and there are unique possibilities for them to help promote Army programs and Army values," MacKenzie said, adding that "other tenants on the installation may not know of the services we can provide. We're working to get the message out."

Two projects the VISD is still receiving praise for include a permanent exhibit at the National Science Center's Fort Discovery in Augusta, Ga., and a jump platform display for the Parachute Rigger Educational Facility in Fort Lee, Va.

The Georgia project was a joint endeavor between VISD and AMC's Public and Congressional Affairs Office through a partnership between the Army and the National Science Center.



A jump platform display featuring an Army parachute mannequin in the doorway of a C-130 aircraft was designed and constructed by VISD exhibit specialists for the Parachute Rigger Educational Facility at Fort Lee, Va.

The exhibit consists of a replica of an entire house with mock walls and rooms that serve as foundations for Army sponsored technologies and their spin-off commercial products. With a front porch, featuring a U.S. Army welcome mat, and mock kitchen, bedroom and utility room, the exhibit is a real eye-catcher. It was developed to appeal to children and young adults.

"The idea was to develop a comparison display for Army equipment and commercially developed products," MacKenzie said. "We were tasked with showing how items we use every day are a direct spin-off of Army sponsored technology."

"The ideas behind the exhibits are the result of brainstorming," he added. "We're not selling anything except ideas and programs."

At Fort Lee, VISD artists and craftsmen created a full sized section of a C-130 aircraft doorframe with an Army parachute mannequin installed "ready to jump."

It concluded a yearlong project with the U.S. Army Corps of Engineers and the Quartermaster School which produced several permanent plaques and displays that included a half-sized open parachute and a 6-foot wide Jump Master hat.

MacKenzie said VISD fabricators visited the post and took hundreds of photographs and measurements of an actual C-130 then reproduced it as realistically as possible.

"We were complimented on how realistic it looked," he said. "Even people who had been jumping out of planes for years were fooled."

In addition, designer photographer Ralph Broth recently completed the design for a plaque to memorialize Linda J. Villar, acting chief, 3rd Infantry Division Logistics Support

Element, Baghdad, Iraq, who was the first AMC civilian killed in Iraq after an insurgent attack at Camp Liberty, June 3, 2005. The plaque was unveiled March 10 during a dedication ceremony led by Gen. Benjamin S. Griffin, AMC commander. (See article below.)

Broth said it took about four weeks to complete the project, which was commissioned and approved by the AMC Public and Congressional Affairs Office at Fort Belvoir, Va.

"They proposed the oval design," Broth said, "and I applied the wording, designed the title and subtitle using Photoshop. The letters were laser engraved."

VISD team members include graphic artists, public affairs specialists, account executives and fabricators. Much of the work is done in the Devices Fabrication Branch in building 2373 led by Bill Kilby, team leader.

Kilby credits his team of four exhibit specialists with "creating anything you can think of."

"We have a dedicated group of workers who do first rate work," Kilby said.

Exhibit specialist Larry Brunet, with more than 30 years in fabrication and model-making, crafted the plaque for the AMC dedication, following Broth's design, and collaborated with fellow workers on the other projects.

He said the C-130 model was much more lightweight than it appeared.

"We made it out of "Wacky" wood," he said, adding that the material is much lighter and more pliable than wood and can be altered to give a metallic appearance.

"You have to be a jack of all trades around here," Kilby added, noting that all are accomplished machinists, welders and carpenters.

"If you can dream it up, we can make it," he said.



The mock house display created by VISD designers and exhibit specialists features a front porch and a U.S. Army welcome mat.

APG News

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HQAMC dedicates room to fallen civilian

Headquarters, U.S. Army Materiel Command leaders and family members of Linda J. Villar, the first AMC civilian killed while serving in Iraq, renamed the command's multipurpose room the Villar Conference Room during a dedication ceremony March 10.

The ceremony included the unveiling of Villar's commemorative plaque which was designed by Ralph Broth, Visual Information Services Division, U.S. Army Garrison at Aberdeen Proving Ground.

"Linda Villar is a tremendous example for all of us to look up to and remember," said Gen. Benjamin S. Griffin, AMC commanding general and host of the ceremony.

Villar, 41, spent most of her 24 years of civilian service with AMC, including the U.S. Army Soldier Systems Center, the U.S. Army Soldier and Biological Chemical Command, and the U.S. Army Field Support Command. She was assigned to Fort Stewart, Ga.

Guests in attendance included her husband, David, daughter, Tanesha, and other family members as well as special guests Maj. Gen. Jerome Johnson, commanding general, Army Field Support Command; Jack Dugan, deputy commander, TACOM Life Cycle Management Command; Brig. Gen. Mark O'Neill, assistant division commander, 3rd Infantry Division; and Lt. Col. and Mrs. Curtis Wood, logistics assistance officer, Fort Stewart, Ga.

"This plaque will stand in this room and be a representation of what she stood for, and for all of us to look up to and remember on a daily basis as we serve those who go in harm's way," Griffin said.

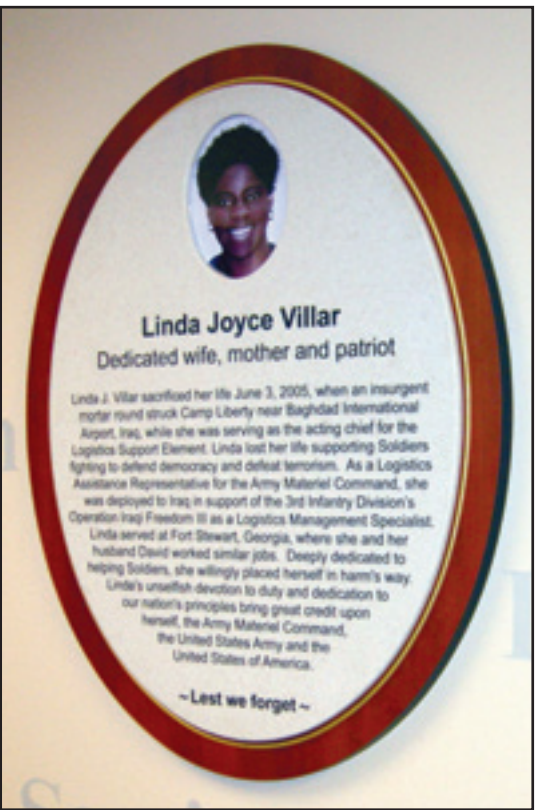


Photo courtesy of AMC PUBLIC AFFAIRS
A plaque designed by the Aberdeen Proving Ground Visual Information Services Division and dedicated to the first U.S. Army Materiel Command civilian killed in Iraq, hangs on the wall at AMC headquarters after a dedication ceremony March 10.

In December 2005, Fort Stewart honored Villar with a room dedication, and in February the Communications - Electronics Command Forward Repair Activity, Army Field Support Brigade - Iraq, dedicated a gate.



Community Policing Officer Mike “Big Mike” Farlow reviews workbook assignments with, from left, Stephanie Williams, Chavon Border and Alexus McFarlane during the weekly D.A.R.E. class for 4th and 5th graders at the Aberdeen Youth Center March 23.

D.A.R.E. program reaches half-way point

Story and photos by
YVONNE JOHNSON
APG News

The installation’s D.A.R.E (Drug Abuse Resistance Education) program has reached the half-way point at the Aberdeen Proving Ground Youth and Child Development centers, and participants seem to be getting the message thanks to the efforts of Community Policing Officer Mike “Big Mike” Farlow.

Farlow holds classes for 4th and 5th graders at the Youth Center and to pre-kindergartners at the CDC once a week.

Pam Surette, room leader and coordinator for the program, said she was glad to see the program return.

“It’s going very well,” Surette said. “The kids are really into it, and they get along great with Big Mike.”



Caretaker for the day, Chavon Williams cuddles D.A.R.E. mascot Darren the lion as he completes a workbook assignment.

“Pam is the glue that holds the program together,” Farlow said, noting that several organizations throughout the state have contacted him for information on how to get the program started in their communities.

“Next week state evaluators will be here to observe and see how the program is going,” Farlow said, adding that overall “things are going very well.”

“It’s a good program full of positives that kids can identify with,” he said. “We get great feedback from the kids and from their parents.”

Farlow arrives early to set up the Youth Center class. He erects a lion’s den entrance, using a black tent and posts a painting of the D.A.R.E. mascot, Darren the Lion, which was painted by his wife.

During the class, youths

follow along as Farlow covers lessons in their D.A.R.E. workbooks. Several come to the Thursday morning class wearing their D.A.R.E. T-shirts and one lucky child gets to “care for” Darren, a stuffed animal, during every class.

The youths eagerly answer questions and receive D.A.R.E. pencils or other souvenirs as a reward for a correct answer.

Several said they enjoy and look forward to the class.

“I like it because it teaches us important stuff and because Big Mike is real nice,” said 9-year old Quawontay Griswold.

“D.A.R.E. teaches us facts about beer and alcohol and other things that harm the body,” added Javon Williams age 10. “And I like Big Mike,” he added. ‘He’s real energetic and he teaches us good facts.”

Aubrey Cross, 10, arrives early for every class. She said she enjoys learning all the “important lessons.”

“Plus I made a good friend with Big Mike,” she said. “He’s my new best friend.”

Young leaders ready for tomorrow’s challenges

Gunpowder Toastmasters

The Gunpowder Toastmasters issued a challenge Jan. 4 to seven young neophytes—young adults not sure if they had the skills and abilities necessary to lead and succeed—to improve their leadership and communication skills.

What emerged eight weeks later was a group of young adults confident in their abilities to meet any challenge.

“The graduation program that these young adults developed was the clearest demonstration that they had met the mark and exceeded the standard,” said Col. Jesse Barber, project manager, Alternative Technologies and Approaches, U.S. Army Chemical Materials Agency, and a Gunpowder Toastmaster.

At the graduation ceremony March 15 at the Golden City Super Buffet, poise, finesse, and confidence were the attributes that describe how this group of young adults impressed parents, friends and the District 18 Toastmaster Leadership.

The Gunpowder club program has become the cornerstone of all youth leadership programs in Harford County according to club president Carl Phillips.

“We want to share our leadership and communication skills with our youth in our community,” Phillips said.

“The way these young people organized their program and carried themselves at graduation is a true testament to their newly acquired leadership skills,” said Connie Schaefer, the Toastmasters’ Area governor.

At the opening ceremony, Adam Freeland, youth leadership coordinator for the Edgewood students and a project manager with General Physics working for CMA, said, “What you will see [in the program] is excellence, dedication and commitment.”

After giving a brief history of Toastmasters and the Youth Leadership Program, Freeland



Photo by COL. JESSE BARBER, TOASTMASTER
Cameron Johnson demonstrates how toastmaster Paul Josephson challenged him to “think outside of the box.”

handed the control of the meeting to the Edgewood Youth group.

Celicia Pena served as the Toastmaster of the Evening [master of ceremony]. Pena took control of the lectern describing what her peers would do and what the audience would see and hear.

“Her introductions of each speaker showed she had done her homework on how to introduce a speaker,” Barber

said. “She gave such a clear picture of each speaker that it created an immediate bond between the speaker and the audience.

“As the audience listened to each speech, one could see the design of a perfect program unfolding,” he said.

Each speaker brought a different aspect of what they had learned during the program.

The first speaker, Marie

See TOASTMASTERS, page 13

Sports

National Guard sweeps 22nd Chemical to win basketball championship

Story and photo by
YVONNE JOHNSON
APG News

After a long season and tough eliminations, the intramural basketball season came down to a battle for Edgewood bragging rights and the 229th Main Support Battalion of the Maryland Army National Guard won the war taking two games from the favored 22nd Chemical Battalion to win the post championship 49-40 and 49-37 at Hoyle Gym March 15.

The games were just as close as the scores indicate. Although turnovers plagued both teams, the National Guard consistently countered each 22nd Chemical rally with a swarming defense.

Before the game team coaches were optimistic about their chances.

“We had a good season, playing through deployments and exercises and only lost three games during the regular season,” said 22nd Chemical coach Tim Herd.

“We’ve got a group of good guys,” added assistant coach Anthony Washington. “Chances are slim to none that [the National Guard] will win.”

National Guard coach



The National Guards’ John Murray goes for a lay up guarded closely by 22nd’s Bryheem Garner as players from left, Janal Smith, National Guard, Josef Sanders, 22nd, and Russell Frederick Jr., National Guard, and Timothy Herd, 22nd, look on.

Jovonne Newman said his team was “just happy to be able to compete.”

“We didn’t get deep into the post-season last year,” Newman said. “It feels great to be in it. This will be all about endurance and who can go the

distance.”

The teams counted heavily on their offensive threats. Josef Sanders scored a team high 10 points in the second game for 22nd Chemical, followed by Bryheme Garner with eight points in game one

and six in game two, and Steve Sierenski, also with eight in game one.

The National Guard’s Raymond Berry drove in the series-high 18 points in game two after landing 10 in game one, and Russell Frederick Jr. scored seven points in both games, followed by Jamal Smith with five points in game one.

After the losses, Herd praised his players as well as the winners.

“I’m proud of these guys. They work hard and play hard. They’re all champions,” Herd said.

“The 229th played just as hard and they deserve to be champions tonight,” he added, “but the 22nd will come back and we’ll come back strong.”

“We had a hard time at the start of the season but eventually [the players] learned each other and played every game like it was their last,” Newman said after the victory.

“This feels great and we’ll be coming back again next year to repeat,” he added.

“It was an honor and a great pleasure to play with this

team,” added shooting guard John Smalls. “We tried to make a statement about our defense all season. We really should have gone undefeated.”

Berry said it felt even better to overcome the loser’s bracket and take two games from a team that defeated them twice in the regular season.

“We all stepped up to the plate and did what we had to do,” he said. “This was our greatest challenge and we were ready.”

“Tonight was wonderful,” added Frederick Jr., the 17-year old son of teammate Russell Frederick. “We started with new players but we all came together and the end was unbelievable.”

“I taught him everything he knows,” Frederick Sr. added.

Team members from the 229th MSB intramural basketball championship team included Jovonne Newman, coach, and Russell Frederick; Russell Frederick Jr., Raymond Berry, Janatus Barnett, Louis Waters, James Toy, John Smalls, Erik Dominique and Janal Smith.

The 22nd Chemical Battalion team included Timothy Herd, coach, and Anthony Washington, Romerio Johnson, Anthony Williams, Evan Toney, Lester Triplett, Josef Sanders, Eric Shuffelberger, Victor Robledo, Bryheem Garner, Steve Sierenski and Albert Wesley.

Edgewood youth masters free throw contest

Story by
YVONNE JOHNSON
APG News

The Edgewood Youth Center’s Trenholm Rice III gained a reputation as a free throw specialist when he won the Aberdeen Proving Ground free throw competition in January, then sealed it as a free throw master when he took second place at the District Elks Lodge “Hoop Shoot” Free Throw Contest, making 21 out of 25 during the annual competition held in Delaware Feb. 8.

Trenholm III is the son of Staff Sgt. Trenholm Rice II, of the U.S. Army Center for Health Promotion and Preventive Medicine, and Andrea Rice, a special education assistant at Edgewood Elementary School.

Although he enjoys sports and plays on his unit’s intramural basketball team, Trenholm II said that this was his son’s first year of playing organized sports.

“I like to think he got his talents from me,” he said.

“We were right there cheering him on,” Andrea said of the Hoop Shoot competition. “He was so humble about doing so well. He really didn’t get excited at all.”

She added that her son tries to excel at everything he does, noting that he was invited to participate in the Harford County 11th Annual Elementary School Speech Festival, held March 25 at Bel Air High School.

“This is the second year in a row he was invited,” she said.

Trenholm III took his accomplishment in stride, not-



Photo by CHRISTOPHER FIELDER, CYS
Trenholm Rice III holds the trophies he won at the APG and Regional Elks Lodge Hoop Shoot Free Throw competitions.

ing that he didn’t do anything out of the ordinary to prepare for the contest.

“I just went to the gym and shot around with friends,” he said. “It was a combination of my love for sports and my natural ability.”

“My friends were all happy for me,” he added. “They all said ‘good job.’”

He also likes football and bowling as well as reading and drawing, and he hopes to be a lawyer or basketball player, or both.

The Elks “Hoop Shoot” Free Throw Contest is the largest most visible of the many youth activities sponsored by Elks lodges. Over 3,000,000 boys and girls ages 8 to 13 participate each year. The Elks “Hoop Shoot” has served to highlight the Elks commitment to America’s youth. From the millions of youngsters who participate and advance through the local,

district, state and regional competition, six national champions are named – one boy and one girl in each of the three categories: ages 8-9, 10-11 and 12-13. The winners receive a trophy and their names are inscribed on a plaque at the Naismith Memorial Basketball Hall of Fame in Springfield, Mass.



Flying high over APG

APG raises alcohol abuse awareness

ASAP

Ah, spring. Warm weather, the first barbecue of the season, daffodils – and alcohol awareness campaigns? Yes, it’s time once again to talk about how to prevent those accidents, deaths and DUIs (driving under the influence) which pop up each year along with spring violets.

As summer approaches, celebrations move outdoors, into the ballparks and onto the water. Many of those celebrations involve alcohol.

“The Aberdeen Proving Ground Army Substance Abuse Program is therefore taking this opportunity to raise awareness about preventing alcohol problems throughout the month of April,” said Jareta Coyle, drug and alcohol control officer.

The first opportunity is on April 6, which is National Alcohol Screening Day, and ASAP will have screening sites at the APG PX from 11 a.m. to 1 p.m. and at the Edgewood Shoppette from 4 to 5 p.m.

“In addition to the screening, there will be educational materials and staff available to assist the community members. Stop by the table, participate in the screening and receive a surprise gift,” Coyle said.

ASAP is also co-sponsoring the “Spring Fling,” a community awareness day where the

entire APG community gathers to learn, experience, and enjoy all the support programs available at APG. The event begins at 10 a.m. at Cappa Field in Edgewood and runs until 4 p.m.

ASAP will have an awareness display and opportunities to experience the “Drunk” Goggles.

“The big event of the day will be the Spring Fling Kite Flying extravaganza for everyone who wants to soar the heavens with their personally designed kite,” Coyle said.

ASAP will provide kite making materials for everyone to personalize their kite with an alcohol and drug-free message.

“Everyone will then be asked to fly their kites in solidarity with all who support a substance abuse free lifestyle,” Coyle said.

“Be sure and bring your cameras so you can get that once in a lifetime photo of your loved one participating in this event,” Coyle said. “The skies will be peppered with kites beginning at 2 p.m. It should be a great sight to see.”

As the month continues, look for weekly articles in the *APG News* relating to alcohol and the many issues associated with alcohol misuse and abuse.

For more information, call Cindy Scott, 410-278-DRUG.

Drinking. What can you lose?

Cut your losses.
Learn more at
National Alcohol Screening Day.®

NASD 4th Annual *National Alcohol Screening Day*

Alcohol and Your Health: Where Do You Draw the Line?

A program of Screening for World Health Inc., and funded by the National Institute on Alcohol Abuse and Alcoholism and the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services

Screening site information here:

ASAP WILL HOLD SCREENINGS AT THE
AA PX LOBBY AND EA SHOPPETTE
1100-1400 & 1600-1800
6 APRIL 2006
CALL ASAP AT 278-3137/3784 FOR MORE
INFORMATION

Or call toll-free 1-877-381-8ASD(8273) for a screening site near you

DOC announces PR cutoff dates for 2006

ACADOC

The Army Contracting Agency Aberdeen Proving Ground Directorate of Contracting has established its fiscal year 2006 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting PRs by or before the dates shown below greatly enhances the ability of the APG DOC to meet customer needs. Early planning and coordination remain the keys to a successful year-end.

Offices are advised to submit year-end requirements as early as is reasonable to minimize the possibility of funds going unobligated at year end.

The following schedule has been established for the submission of PRs for FY 06 and maintenance for FY 07:

- Noncommercial Items over \$100,000 – July 1*
- Noncommercial Items between \$2,500 and \$100,000 – Aug. 1
- Commercial items between \$100,000 and \$5 million – July 1
- Commercial Items under \$100,000 – Aug. 15
- Services Over \$100,000 – July 1
- Delivery Orders and Task Orders Under Existing Contracts – Aug. 1
- GSA Schedule Procurements – Aug. 1
- Short-of-Award over \$2,500 – June 15**
- Maintenance for FY 2007 – July 1

(FY 07 Contract Modifications and Options for Existing Maintenance Contracts)

* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.

**Customers submitting “short-of-award” PRs, especially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after PRs that are funded and PRs that are subject to the availability of funds.

The above lead times can be affected by various factors, a few of which include: competition requirements, to include fair opportunity for services task orders over \$100,000 when using Federal Supply Schedules; obtaining sole, limited source or urgency approvals – the Justification and Approval process; the review process accomplished by the APG Small Business Advisor to ensure all socio-economic programs will be appropriately addressed; front-end PR entry, and PD2 (PD2 is the DoD contracting automated system used at APG).

New requirements affecting lead times

When placing sole source orders over \$2,500 under Federal Supply Schedules, a justification and approval must be prepared and approved by a contracting officer.

When purchasing supplies or services over the simplified acquisition threshold (currently \$100,000) using non-DoD contract vehicles (which includes placing orders with GSA), proposed actions must be reviewed and approved considering:

- If the action is in the Best Interest of the Government – satisfying customer requirements, schedule, cost effectiveness (taking into account, discounts and fees), and contract administration including oversight.
- Other factors which must be addressed: determining that tasks or supplies ordered are within the scope of the contract; ensuring funding is used IAW appropriation limitations; providing unique terms, conditions and requirements for incorporation into an order or contract to comply with all applicable DoD-unique statutes, regulations, directives and other requirements (e.g., all clothing, shoes and other items specified under the Berry Amendment, procured with DoD funding, is of domestic origin); and collecting data on the use of assisted acquisitions for analysis.

Information technology

Desktop and notebook computer purchases: To maximize cost savings, all Army desktops and notebooks shall be ordered through the Consolidated Buy program utilizing the Army Desktop and Mobile Computing agreements. For the policy memo issued by the Army’s Chief Information Officer on July 22, 2005, Buying Schedule, Specs and Pricing, Submittal Instructions, Request Preparation, Exception and Frequently Asked Questions, visit the Consolidated Buy page at https://ascp.monmouth.army.mil/scp/cb/cb_index.jsp. Requests for these items must be submitted to the Directorate of Information Management. For standard requests, DOIM will



approve the request and forward it to the ACA DOC for processing. For non-standard requests, DOIM will review and validate the request and then forward it to ACA. For more information, contact the ACA APG DOC chief, Technology Branch, 410-278-0883.

The contracting officer is responsible for and this office’s policy is to determine the best method of procuring any supply or service based upon regulation, urgency, delivery, socio-economic concern and competition which provides the best value at a reasonable price.

Submission of requests after the scheduled dates will be considered on a case-by-case basis and will require approval by the chief of the Contracting Division.

The APG DOC will do as much as possible to assist customers in satisfying their requirements after the cutoff dates. However, the directorate has a limited capability to process late requirements.

Budgetary constraints may mean that customer-funded overtime may be the only method to provide the directorate with additional flexibility to accept requirements after the established dates.

Individual contacts

Joyce Roberts, Contracting Division joyce.roberts@us.army.mil, 410-278-0869

Facilities Branch: For repair, alteration, construction, sale and removal of excess real property, services for base operations functions (including, but not limited to, utilities privatization, custodial, refuse, underground utilities locating, etc.), equipment-in-place and facilities contact Martha Mitchem, martha.mitchem@us.army.mil, 410-278-2362.

Services Branch: For general and specialized services for mission support; range testing of vehicles, equipment, ammunition; lease, rental, and maintenance of equipment; full food services; environmental services; equipment-in-place and other base operations services, con-

tact Shirley Kelly, shirley.a.kelly@us.army.mil, 410-278-0854.

Technology Branch: For ADP equipment; word processing equipment; software; general, specialized, and test equipment; instrumentation; supplies and ADP maintenance and services contact Ginny Corona, ginny.corona@us.army.mil, 410-278-0883.

The ACA APG DOC Web site is located at <http://www.apg.army.mil/apghome/sites/installation/aca/>.

The fiscal year cutoff dates for submission of PRs are located at this site under “Announcements, News, and Notes.” For customer assistance, use the recently added link, “Customer Corner,” for guides, templates, formats and helpful Web sites.

Purchase requests awarded “subject to the availability of funds” must be funded as soon as funds become available. The work must start and the contractors must be paid – this is not accomplished until the funds are certified.

Preparation of PRs

When preparing PRs in PRWEB (formerly known as Aquiline):

Do not use any dashes or spaces in the PR number.

When preparing attachments for any electronic document to be used by contracting, submitters **must** use Normal, Times New Roman, 10. The contracting writing system used by Contracting cannot format correctly if a font other than Normal, Times New Roman, 10 is used or if any special characters are used in the document.

Do not use page breaks, section breaks, column brakes or special characters such as trademark signs, tm, ®, <, etc., in any document that will be used in a purchase order or contract.

Army selects team to develop national anti-terrorism training center

Center for Security Training and Technology will be largest, most comprehensive in U.S.

Story by
MICHAEL SMITH
LCOR
and **THOMAS SWOYER**
Weston Solutions

The U.S. Department of the Army has selected APG Development Partners to transform approximately 1,300 acres on Aberdeen Proving Ground into a high-tech anti-terrorism and law enforcement training center that will be the largest of its kind in the United States.

APG Development Partners is a joint venture between real estate developer LCOR and infrastructure redevelopment firm Weston Solutions.

Representatives from the APG Garrison, U.S. Army Corps of Engineers and APG Development Partners signed a “Memorandum of Agreement” that officially begins the process of developing a business and lease plan and negotiating a lease agreement for the property.

This process is expected to take 120 days.

Following its completion, development planning of the site will begin.

The new “Center for Security Training and Technology” will bring together government, private-sector and academic leaders in anti-terrorism, emergency response and law enforcement for hands-on training, policy planning, technology develop-

ment, education planning and research, and virtually any other activity relevant to keeping America safe.

The facility will integrate simulated and live-fire training.

Mock airport, maritime and urban training facilities are among those planned, plus lodging, dining, fitness and recreational amenities for trainees.

“Aberdeen Proving Ground is excited about hosting this national training center,” said Col. John T. Wright, APG Garrison and deputy installation commander. “In the current global War on Terrorism and to enhance our long-term homeland security, we need trained and ready first responders — police, fire and emergency management. We look forward to welcoming the students and staff to APG and hope they will find it a great place to live, serve and play.”

Commenting on the LCOR-Weston team’s selection, LCOR Executive Vice President R. William Hard said, “Clearly it’s an honor to be named by the Army as developer for such a critically important project of national significance. We look forward to working with the Army, the proving ground and others in

the community to create a place that well serves our nation’s homeland security interests and makes the most efficient, effective and economical use of the land and other resources.”

“We are excited that our real estate solutions team was

trial and federal clients.”

LCOR is managing partner of the venture and will oversee all aspects of the development, including securing financing, design, construction, marketing, and long-term facility operations and maintenance.

Weston Solutions, in



chosen its role as limited partner, will provide financial, technical and project support in many areas, including development planning and execution, environmental compliance, remediation and health and safety services.

The new development will involve a long-term government lease of the land and improvements.

APG Development Partners

will plan, design, finance, market and construct the new facilities, as well as own and operate them.

Among the other members of the APG Development Partners team are: Master planning and design, EwingCole (Philadelphia) and PSA/Dewberry (Fairfax, Va.); Financing, Lehman Brothers (New York); Civil engineering, Frederick Ward Associates (Bel Air); Construction, Whiting-Turner (Baltimore) and Skanska (Washington); Range operations, AGS-AECOM (Washington); Training, SAIC (Aberdeen) and a consortium of nine universities led by New Mexico Institute of Mining and Technology (Socorro, N.M.); Marketing, Market*Access (Arlington, Va.) and Transwestern (Columbia, Md.); Public relations, Stanton Communications (Baltimore); and Hospitality, Marriott Corporation (Bethesda, Md.).

More on LCOR

Based in Berwyn, Pa., LCOR is a national real estate development, investment, operations and asset management company.

The firm’s portfolio includes approximately \$8 billion of developments complet-

ed, under construction or in pre-development.

Among other projects, LCOR developed and owns the Alexandria, Va. campus occupied by the U.S. Patent and Trademark Office headquarters, which was completed in 2005. LCOR also developed Terminal 4, a 1.5-million square foot facility, at New York’s John F. Kennedy International Airport.

Visit www.lcor.com for more information.

More on Weston Solutions

Weston Solutions, Inc. is an employee-owned leading environment and redevelopment firm, delivering comprehensive solutions to complex problems for industry and government worldwide.

The company’s services encompass environmental remediation, redevelopment, and management and compliance.

Its emphasis on restoring resource efficiency to its clients’ operations — including land, air, water, facilities and staff — ensures that clients derive maximum value from their resources.

Weston Solutions has led and supported development teams to wins on three other Enhanced Use Lease projects, including the highly successful Fort Sam Houston redevelopment in San Antonio, Texas.

For more information, visit www.westonsolutions.com.

Post Shorts

programs leading to undergraduate degrees.

This scholarship opportunity is open to both civilian and military applicants. In addition, the club administers MCSC scholarships in four categories: high school seniors, current undergraduate students, current graduate students and non full-time certification, continuing education and technical program students. All applicants must either be an MCSC member or the dependent of an MCSC member.

Applications for all scholarships are available from the MCSC Web site, www.apgm-csc.org, and must be postmarked no later than April 1. For details, visit the Web site or call 410-297-8767.

Blood drive scheduled April 12

Headquarters and Headquarters Company, U.S. Army Garrison, is holding an installation blood drive 9 a.m. to 1 p.m., April 12, at the APG Chapel Social Hall.

The Blood Drive is open to everyone. Appointments are encouraged in order to decrease wait times; but walk-ins are welcome.

The drive is sponsored by the Armed Services Blood Program and all blood collected will only be distributed within the military community.

To make an appointment or for more information, call Candace Hollingsworth, 410-278-3000.

Scholarships for military spouses

The National Military Family Association is accepting applications for the NMFA’s Joanne Holbrook Patton Military Spouse Scholarships.

Eligible applicants include any uniformed service spouse — active duty, retired, National Guard, or survivor — studying toward professional certification or attending post-secondary or graduate school.

Applications will only be accepted online and must be submitted by midnight, April 15. Online applications are available at www.nmfa.org/scholarships2006.

For more information, visit <http://www.nmfa.org/>.

Win \$300 for Mother’s Day essay contest

Time to debunk a myth

National Federation of Federal Employees

Some federal employees think that unions must represent them whether or not they choose to join. This is simply not true.

The law says the union’s duty to represent a non-member is limited, and that the union must only negotiate and administer collective bargaining agreements. In fact, the union would never be able to afford representing all non-members.

Comprehensive union representation is provided only to those who have chosen to

join the union and become members. Do not get caught without union representation when it’s needed most.

Joining the union is not just a matter of uniting with fellow coworkers to have a stronger voice and real bargaining clout, it is a matter of survival.

Anyone with problems on the job and needing representation at the Merit Systems Protection Board, Equal Employment Opportunity Commission, Worker’s Compensation, etc., legal bills could run into the thousands of dollars.

Any member of NFFE

Federal District 1, IAMAW with a valid claim will be represented free of charge.

When everyone joins, everyone is protected. The union does not just help reach an end to a grievance, it seeks an end to the beginning of all grievances.

Don’t wait until it is too late, join NFFE-IAM Local 178, located in building 4415, today by calling 410-436-3942. The hours are 11:30 a.m. to 5:30 p.m., Monday; 11 a.m. to 1 p.m., and 4:30 to 5:30 p.m., Tuesday, Thursday and Friday; and 11:30 a.m. to 4:30 p.m., Wednesday.

Mother’s Day Essay Contest, 228 McNair Road, Building 405, Fort Myer, VA 22211.

On Sunday, May 14, the winner and his or her mother will be recognized at the annual USO-Metro Mother’s Day celebration. Round trip limousine transportation from the airport, and two nights hotel accommodations will be provided.

The winner will be notified on April 24. For more information, call 703-696-2552.

Catholic priests needed

The U.S. Army is in critical need of devout and spiritually motivated Catholic priests to

lead this nation’s Soldiers and families in their walk with God.

To explore a life of service to God, church and country, visit www.goarmy.com/chaplain, e-mail chaplainrecruiting@usarec.army.mil or call 1-800-223-3735x61899/61082.

(Editors Note: More post shorts can be seen at www.apgnews.apg.army.mil under ‘Shorts.’)



Morale, Welfare & Recreation

ACS accepting nominations for APG Volunteer of the Year

ACS

The Aberdeen Proving Ground Volunteer of the Year Program recognizes exemplary achievement for volunteer service in support of the APG community.

Each organization/unit may submit two nominations in each category: military (active duty, Reserve and National Guard), family member (19 years of age or older), retiree (military or civilian), civilian employee, and youth (18 years of age or younger).

Service must have been performed on APG Jan. 1 through Dec. 31, 2005.

Typed nominations should include:

- Unit/organization submitting nomination
- Name of nominee
- Full address (include city, state and zip code)
- Telephone number
- e-mail address
- Category (choose one from Military, Family Member, Retiree, Civilian or Youth)

APG can handle framing, engraving needs

MWR

The Arts and Crafts facility in Aberdeen can fulfill all custom framing, self-help framing and engraving needs.

There are two professional framers, certified through the Professional Picture Framers Association on staff.

Framing

Custom framing charges include supplies plus labor. Labor charges are based upon the difficulty of the project. For example, a single mat and framed piece is \$30, double is \$40 and up. Dry mounting is \$5. Archival is dependent on the materials and difficulty. Shadow boxes cost from \$70 up; needlework is based on level of difficulty. Oversize pieces (over 32 x 40) are an additional \$20.

Mat boards are cut with precision by an Eclipse Computer Mat Cutter. This state-of-the-art computer allows greater versatility and creativity in mat cutting, and gives the ability to design mats that are either difficult, or impossible

A justification for the nomination should include estimated number of volunteer hours, types of services, effect on the APG community and all volunteer activities in which nominee participated, being as specific as possible.

A proposed citation not to exceed nine type-written lines should be submitted with the nomination.

Each organization is also asked to provide the number of volunteers and volunteer hours for the same time period.

Nominations and proposed citations must be received at Army Community Service, building 2754, room 203; faxed to 410-278-9685; or e-mailed to marilyn.howard@usag.apg.army.mil no later than April 10.

For more information, call Howard, Army Community Service, 410-278-9669.

Winners will be announced and all nominees will be recognized at the Volunteer Ceremony held at Top of the Bay 7 p.m., Thursday, April 27.

to accomplish with manual mat cutting systems. There is a large selection of plaques and finishing touches for all presentation needs.

Large selections of moulding, mats and glass are available from the store, as well as the ability to order pre-chopped frames.

Engraving

A computer also produces engraving. Engraving services are \$.10 per letter, and \$.25 per square inch for the metal. A large selection of plaques and finishing touches, such as medallions, are available.

Class A military nametags can even be engraved.

Self-help area

The self-help areas are equipped with some of the best equipment available. An \$8 per day user fee applies to all patrons.

The Aberdeen Arts and Crafts Center is located in building 2407. The hours of operation are 10 a.m. to 5 p.m., Monday through Friday and closed on weekends and holidays. For more information, call 410-278-4207/2759.

Activities

For information on any SKIESUnlimited program or if interested in teaching classes, contact Sarah Behl, 410-278-4589. To register for classes, contact Central Registration, building 2752, 410-278-7571/7479.

Beautiful You Skin Care Class

Mothers looking to spend quality time with their daughters can take a skin and hand care class together 6 p.m., April 7 at the Aberdeen Youth Center. There will be giveaways. Sign up now, space is limited and available for youths ages 12 through 18.

Drivers Education

Drivers education classes are being taught on both Aberdeen and Edgewood for students 15 through 18 years of age. Class includes 30 hours of classroom instruction and six hours in-car instructions. Student must have a learners permit. Parents, guardians or mentors must attend the first class with the student.

Piano lessons

Lessons will be held 2 to

7:30 p.m. every Saturday until June 9. Each session is 30 minutes long and will be held at the Aberdeen Youth Center. Space is limited. Students will be responsible for purchasing the required books for the course as recommended by the instructor.

For information on these or any other classes, contact Charles Heinsohn, 410-278-3868. To sign up for the class, contact MWR Registration, located in building 3326 at 410-278-4011/4907, by e-mail at mwr_registration@apg.army.mil or on the Web site, www.apgmwr.com.

Piano for adults

Learn how to play the piano on Mondays beginning 5 p.m., April 3, in the Aberdeen Recreation Center. Students will be responsible for purchasing the required books for the course as recommended by the instructor. All other materials and supplies, including the keyboards, will be provided.

Introduction to flower arranging

Learn how to make floral baskets with spring colors and flowers for the home or as a gift. This class teaches participants how to assemble the perfect combination and variety for that special occasion. The class will be held 6 p.m., Wednesday, April 5 at Dodd's Edgewood Florist and Gift Shop.

Beginning dog obedience

Get hands-on training and learn measures that will teach a dog to respond to commands in a positive way. Class will be 6:30 p.m., Thursdays, beginning April 6 in the Aberdeen Recreation Center.

Fly fishing techniques

Learn how to fly fish 5 p.m., Fridays, beginning April 7, at Aberdeen Boat Dock. Class is for both the beginner and the experienced fly fisher. The course covers the fundamental mechanics and progression through advanced techniques. Learn about equipment selection, knots, fly selection and proper casts for any given situation.

SCHOOL LIAISON

Editorial: Building upon partnerships

IVAN MEHOSKY

APG School Liaison Officer

Aberdeen Proving Ground and Harford County public and private schools share a unique relationship centered on cooperation and understanding of transition issues faced by military-connected students. Even though there have been 'bumps in the road' from time to time, efforts continue to make transition as smooth as possible with the aim to help make learning at all grade levels a rewarding and successful experience.

A signing ceremony was held Sept. 27, 2002, at Edgewood Elementary School for a Memorandum of Agreement and the renewal of a partnership agreement between the Harford County Public School System and APG, with Maj. Gen. John C. Doesburg, commander, U.S. Army Soldier and Biological Chemical Command and APG, and Jacqueline C. Haas, superintendent, HCPSS. This historic occasion set the stage for a new awareness of support for issues facing transitioning military-connected students and families, as well as fostering new partnerships to compliment existing ones.

To better understand what this means consider the guiding principles for addressing the issues of transitioning military students as stated in the Military Child Education Coalition's "Memorandum of Agreement:"

"Whereas, military students are faced with numerous transitions during their formative years, and, whereas, moves during high school years provide special challenges to learning and future achievement, and, whereas, there are some 175,000 secondary school-aged students of military personnel, and, whereas, the Army's Secondary Education Transition Study revealed that the average military-connected student transitions more than two times during their high school years, and, whereas, the participants of the Secondary Education Transition Study understand that there are many students in schools that face transition challenges, therefore, be it resolved that in the best interest of all students in transition, we the undersigned agree to:

- 1. Improve the timely transfer of records.*
- 2. Develop systems to ease student transition during the first two weeks of enrollment.*
- 3. Promote practices which foster access to extracurricular programs.*
- 4. Establish procedures to lessen the adverse impact of moves from the end of junior year, as well as before, and during the senior year.*
- 5. Communicate variations in the school calendars and schedules.*
- 6. Create and implement professional development systems.*
- 7. Continue strong, child-centered partnerships between the installation and the supporting school.*
- 8. Provide information concerning graduation requirements.*
- 9. Provide specialized services for transitioning students when applying to and finding funding for post secondary study."*

With this strong partnership in place and as a springboard for action, two Military Child Education Coalition's Transition Counselor Institute training sessions were conducted for guidance counselors at elementary and secondary public and private schools in Harford County. Over 100 guidance counselors participated and became more aware of the challenges military-con-

nected transitioning students face at new schools, and the central point, share best practices from school to school, network, and develop more effective tools, processes, services and programs to assist military-connected students and families.

Complimenting two stalwart, APG partnerships, the U.S. Army Research Laboratory and the U.S. Army Environmental Center (John Archer and Edgewood Elementary, respectively), the U.S. Army Ordnance Center and Schools, under the leadership of former Chief of Staff, Col. Kevin Smith, entered into partnerships with Royce-Williams Elementary, Aberdeen Middle, Aberdeen High, Edgewood Middle, and Edgewood High. The newest partnership with the 389th Army Band and Halls Cross Roads Elementary School began in 2005.

Current plans are in the works for a partnership with the Science and Math Academy at Aberdeen High School. Great things are happening at these schools such as mentoring support, formation of after-school drill teams, tutoring support and support of various school activities and projects, to name a few.

Student support teams have been formed at Aberdeen Middle and Fallston Middle to assist students who are military-connected who are experiencing not only transition issues, but deployment of a parent overseas and all of the ramifications that often manifest in the student both at home and in school during this difficult period in their life.

As of this writing, Aberdeen High and Edgewood High each sent a team from their school composed of two students and two adults (a guidance counselor and a teacher) to Texas to receive three days of training on implementing the Army and MCEC's national Student 2 Student (S2S) initiative as an ongoing transition support program. The S2S meets very real transitioning student needs with immediate peer credibility, positive peer relationships, and valued information through three researched-based modules that include academics (requirements, processes, access), relationships (acceptance, attributes, friendships), and, finding the way (attention, orientation, appreciation). Once implemented at Aberdeen High and Edgewood High, the S2S program can be used as a student transition support model in all schools.

Before I conclude, I ask you to please think about being totally involved in your child's education, from showing concern about their school day, taking time with homework assignments and reviewing grades to visiting their school, meeting their teachers, guidance counselors, and principals, and getting an idea of the school environment: the classroom where learning is supposed to take place, the hallways, cafeteria, and the bus. Get to know their teachers by taking the initiative of introducing yourself and staying in touch. Don't wait until half way into the school year to discover your child is having difficulty with a subject or two or some other problem. Children learn better, do better and develop more confidence when they know a parent is involved and cares.

If you can, and have the time, mentors are needed especially at the middle and high schools.

We live in a time when time seems to be moving faster than ever before. Don't let these opportunities to be involved and make a difference slip away.

Applying for the Bernard Curtis Brown II Memorial NASA Space Camp Scholarship

The Bernard Curtis Brown II Memorial NASA Space Camp scholarship gives military-connected children the opportunity to have an extraordinary experience which brings together the worlds of service, science, and learning.

NASA Space Camp is a place where children come together for a journey they will never forget, learning about astronauts and space travel, and developing bonds of friendship.

This is a microcosm of the life of military children. They travel, they learn, and they quickly bond into friendships that many times last for life.

It is fitting then that the Military Child Education Coalition™ has created a Space Camp scholarship in memory of one of its brightest and finest children, Bernard Curtis Brown II. Bernard. The 11-year-old son of Chief Petty Officer and Mrs. Bernard Curtis Brown, was killed on Sept. 11, 2001, when the hijacked airliner on which he was a passenger, crashed into the Pentagon in Washington, D.C. At the time, he was on his way to California to represent his school at a National Geographic event.

To apply, send completed application to Military Child Education Coalition™, 108 East FM 2410, Suite D, Harker Heights, TX 76548. Application deadline is April 1.

Scholarship information

Funded by the Military Child Education



Coalition™, the scholarship covers full tuition including meals, lodging, program materials, and transportation (from student's home base to Space Camp and back).

About Space Camp

U.S. Space Camp is a five-day program that shows youngsters firsthand what it takes to be an astronaut. Activities include simulated Space Shuttle missions, training simulators, rocket building and launches, scientific experiments, and lectures on the past, present and future of space exploration.

Offered in Huntsville, Ala., Space Camp takes a unique, fun and hands-on approach to learning outside the classroom — and students leave with a greater appreciation for school and their studies.

For eligibility requirements and an application, visit Web site, www.spacecamp.com.

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, building 3320, are 1 to 5 p.m., Saturday and Sunday, and 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

The following are a few of the new titles available at the APG MWR Library:

The Skin Gods by Richard Montanari

A serial killer is replicating death scenes from famous movies, even going so far as to splice his grizzly re-creations into VHS rental copies of the films. Homicide cops Jessica Balzano and Kevin Byrne are determined to bring the killer down, assuming they can figure out the madness to his method.

Labyrinth by Kate Mosse

This quest for the Holy Grail links female protagonists born 800 years apart. In 2005, Alice Tanner stumbles into a hidden cave while on an archeological dig in southwest France. Her discovery triggers visions of the past. Alais, in 1209, lives in the same area which is an outpost of a sect that has been declared heretical by the Catholic Church.

Second Honeymoon by Joanna Trollope

Edie Boyd is a mother of three whose youngest is moving out. Her husband is delighted with the chance to rediscover and

retune their marriage, but Edie can't quite face life without being "Mum" on a daily basis. Not to worry: the children all fall prey to a series of mishaps and financial troubles, and her wish to have her brood back is suddenly granted, with comedic results.

Dark Light by Randy White

Hired to sift through the old wreck of a pleasure craft, the Dark Light, that's been spotted after the huge storm, Doc Ford and his salvage team discover items inside the boat that stir deadly vengeance—Nazi artifacts.

The Amalgamation Polka by Stephen Wright

The book follows Liberty Fish, a kind of abolitionist Candide, from his boyhood as the child of Underground Railroad activists in upstate New York, through an extremely bloody tour of duty as a Union Soldier and eventually to a Caribbean island, with all sorts of adventures, both expected and improbable, along the way.

The library's Web site, www.apgmwr.com/recreation/libraries.html, provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

Facts about AER

Story by
MARGE FISSEL
AER officer

AER fund raising campaigns are held to increase awareness about AER and the needs of American Soldiers and their families; maintain a tax exempt status by raising at least one-third of all funds through donations; and to obtain funds for assistance programs.

Army Emergency Relief receives no money appropriated or nonappropriated government money. It is funded by voluntary contributions from Soldiers (active and retired) and civilians; repayment of AER interest-free loans; investment income; and unsolicited contributions.

Anyone seeking AER assistance does not have to be a contributor. Anyone who is eligible and with a valid emergency need can receive assistance.

Army spouses can apply for AER assistance if their sponsor is deployed by bringing in a Power of Attorney, a military ID card and any other substantiating documents.

Service members needing to request assistance should see their unit commander, then report to the nearest AER Section or American Red Cross. Other related services include the Air Force Aid Society, Navy-Marine Corps Relief Society and the Coast Guard Mutual Assistance.

The AER Office on APG is located in building 2754, room 201.

For more information call 410-278-2508. For information on the AER campaign, call the AER Campaign Coordinator Maj. Jeffrey Winston, 410-278-3000.

CAC card

From front page

to “register” their CAC and ensure that each card is properly configured for CCL.

“Online registering of the CAC is a critical step, and CCL will not work if this is not done,” Stevens said.

“If you were issued a CAC, but have not used your PIN regularly, it is possible that

you’ve forgotten your PIN or “locked” your CAC by incorrectly entering your PIN three consecutive times,” Stevens said. “If that’s the case, you’ll have to visit a CAC PIN reset location to reset your PIN. The DOIM is expecting a large volume of personnel requiring CAC PIN reset and will soon provide dates, times and locations of reset stations.

Future messages and articles will offer reminders and updates as CCL implementation progresses.

Toastmasters

From page 3

Fox, gave a speech entitled “What I Think about Children and their Mouths.”

“Speaking about today’s youth was a natural for Marie,” Phillips said. “She had all of the nuances down to the letter. Her fixation on children and the cell phone demonstrated that she clearly understood that the cell phone has become center stage for today’s young people.

“Marie was careful to point out that no parent or child should allow that to be the case, and children today should engage in active listening as she does,” he said.

The second speaker, Symone Jennings, a sophomore and member of Future Business Leaders of America, Student Government Association, and an honor student, delivered a speech entitled “Personal Identities.” Jennings’ speech demonstrated the power of effective research and how one could use facts to add body and texture to any speech. She challenged everyone, to “get out of your comfort zone” as she did in preparing her speech, and “be true to yourself and don’t hide your uniqueness.”

“That’s what she did, and in the end you could see the results of applying yourself,” Barber said.

The third speaker was Cameron Johnson.

“Johnson is a self-confident junior who is the epitome of every Toastmaster, full of energy and enthusiasm,” Phillips said.

Cameron described how each Gunpowder mentor had impacted his life and made him a better person. His description of mentor Paul Josephson drew laughs from the entire audience.

“All of us had seen Paul in action and we knew Cameron had it right,” Barber said.

“Cameron was careful to include the key attributes of each leader, Adam Freeland’s demand upon each of them, Colonel Barber’s boldness, Dave Garcia’s constant presences and Steve Fine’s unlimited knowledge,” Phillips said. “You could tell by Cameron’s delivery that he was speaking from the heart, and that he connected with everyone in attendance.”

After the speeches, the meeting transitioned to evaluations. Revel Pena, Johnson and Pena delivered evaluations

pointing out what they got out of the speech as well as the strengths of each speaker.

Audience comments made it clear that the youths had hit their mark.

“I’m proud of my two children and what they have accomplished. They applied themselves and it shows,” Celicia and Revel’s father said.

“The young adults have a lot to be proud of, and I’m proud of each of [them] for staying the course and completing this program. They are a true testament to perfection,” Schaefer said.

“With the power of speech, comes the attributes of leadership. Each of you have learned how to become powerful speakers,” said Annelie Weber, district governor for Maryland. “And you are on the road to becoming powerful leaders. Don’t misuse such power. Instead, use it to motivate others, so that one day, not unlike Martin Luther King, who moved the nation with one speech, you can and will do the same.”

“I’m proud of these students,” said Valaria Bomani, an executive with VRJ Inc. “They have renewed my belief that if you apply yourself, the sky is the limit. I’m so thankful to the Gunpowder Toastmasters for hosting this important program.”

Those completing the course in oral communications and leadership were Rashad Craig, Johnson, Celicia Pena, Ryan Jarvis, Marie Fox, Jennings and Revel Pena.

The Youth Leadership Program was developed by Toastmasters International to help young people of today become the leaders of tomorrow. The program uses materials especially adapted for youth from the regular Toastmasters International public speaking program. According to statistic compiled by the Public Relations Office of Toastmaster’s International, more than three million people have benefited from the adult Toastmasters program since it was introduced in 1924.

Both the Gunpowder and Susquehanna Toastmaster clubs have made the commitment to give back to their local communities by hosting youth leadership programs in the local communities.

“I’ve challenged my club to exceed the Gunpowder model and I know they will rise to the occasion,” said President Doug Strand.

For more information, contact Ria Bomani, 410-436-4972, or Barber, 410-322-7748.

FRITZSCHING

From front page

he received his basic and advanced individual training. He served with the 101st Airborne Division (Air Assault) in a number of assignments, including heavy-wheeled-vehicle mechanic for Bravo Company, 5th Transportation Battalion; and maintenance supervisor/squad leader for Company B, 8-101st Aviation Regiment. Fritzsching’s assignments also included senior wheeled-vehicle mechanic/platoon sergeant for Company H, 159th Aviation Regiment; senior drill sergeant for Company B, 1-81st Armor Regiment; bat-

talion motor sergeant/platoon sergeant for the 29th Engineer Battalion; and first sergeant for Headquarters and Headquarters Company, 112th Special Operations Signal Battalion (Airborne). He served as a command sergeant major for the 189th Corps Support Battalion (Airborne) and the 18th Airborne Corps Distribution Command before his assignment to DTC. His military education includes the Air Assault School, Airborne School, the Primary Leadership Development Course, Master Fitness School, the Combat Lifesaver’s Course, the Light Infantry Leader’s Course, Strategic Deployment School, Battalion Motor Officer’s

Course, Jumpmaster School and Drill Sergeant School, where he was a Distinguished Honor Graduate. He was a Distinguished Honor Graduate of the Basic Noncommissioned Officer’s Course and an Honor Graduate of the Advanced Noncommissioned Officer’s Course. Fritzsching also completed the First Sergeant’s Course and the Army Sergeants Major Academy. His military awards include the Bronze Star Medal, 1st Oak Leaf Cluster; the Meritorious Service Medal, 3rd Oak Leaf Cluster; the Army Commendation Medal, 5th Oak Leaf Cluster; the Army Achievement Medal, 5th Oak Leaf Cluster; and the National Defense Medal, 2nd

Award. Fritzsching also earned the Southwest Asian Service Medal, the Iraq Campaign Medal, the Global War on Terror Service Medal, and the Global War on Terror Expeditionary Medal. Other awards include the Military Outstanding Service Medal, the NCO Professional Development Ribbon with Numeral 4, the Army Service Ribbon, Overseas Service Ribbon, Kuwait Liberation Medal (Kingdom of Saudi Arabia), the Kuwait Liberation Medal (Government of Kuwait). He earned the Master Parachutist Badge and the Canadian Parachutist Badge as well. ATTC is one of DTC’s nine Army test centers. According to its stated missions, roles and

functions, “ATTC plans, conducts, analyzes and reports on flight tests of new aircraft, aviation materiel, and modifications seeking to improve field-ed aircraft systems and components. Flight testing focuses on aircraft performance and handling qualities, counter-measures, ground support, flight simulators and assessment of foreign aircraft.” “We test aviation systems for the Army with focus on safety and the effectiveness of the mission,” said Col. Christopher Sullivan, ATTC’s commander. ATTC hosted the Senior Leaders Planning and Execution Conference in February. According to Gary Holloway, DTC’s chief of public affairs, the quarterly

conference gives leaders from all the subordinate test centers an opportunity to discuss current issues. The three-day conference involved various commanders, directors, and senior noncommissioned officers from Aberdeen Test Center; Cold Regions Test Center, Fort Greely, Alaska; Dugway Proving Ground, Dugway, Utah; the Electronic Proving Ground, Fort Huachuca, Ariz.; White Sands Missile Range, N.M.; and Yuma Proving Ground, Yuma, Ariz. Holloway also said that the assumption of responsibility was held “in conjunction with the conference so that the leadership within the command were present for the ceremony to meet the new DTC command sergeant major.”



Cracks and pot holes in installation roadways, like the ones pictured here near the Swan Creek Inn, were one of several subjects of discussion during the 2006 AFAP symposium at Top of the Bay March 14 to 16.

AFAP

From front page

added.“The AFAP process works.” **Workgroup I - Community Services** *Facilitator: Nancy Hartman* **1. Installation road conditions** Scope: APG roadways are falling into disrepair due to funding deficiencies. Increasing potholes are causing damage to vehicles and inadequate road markings create safety issues for rivers and pedestrians. This overall deterioration also detracts from the appearance of the installation. Recommendations: a. Develop and implement a preventive maintenance program to include, but not limited to quarterly roadway surface inspections and routine maintenance plans. b. Amend current contract to incorporate preventive maintenance plan. Workgroup recommendation is to resolve at APG.



AFAP delegates suggested that since the old Plumb Point Loop Golf course is no longer in use the area could be turned into walking and jogging trails.

2. Fitness trails/running tracks Scope: Fitness trails are non-existent on the northern area of APG and the existing trail in the southern area is inadequate. Running tracks do not have anti-shock surfaces to prevent stress injuries. Military members need safe training resources to fulfill physical fitness requirements. The asphalt on the quarter-mile track is cracked and the area has poor lighting, creating safety and health hazards. The Edgewood running trail lacks continuity due to construction, forcing runners and walkers onto the roadways. Recommendations: a. Create safe running/walking trails with adequate surfacing and lighting, e.g., utilize the Plumb Point Loop former golf course to create a fitness trail with exercise stations, posted distance markers and maps available at the beginning of the trails. b. Resurface the quarter-mile track with a shock-absorbent material.

c. Provide sufficient lighting for safety. Workgroup recommendation is to resolve at APG. **3. Installation maintenance** Scope: The condition of facilities requires permanent repair as opposed to temporary repairs. Due to the lack of implementation of established preventive maintenance/ infrastructure repair plans, funding is being utilized ineffectively. DA currently allocates money toward installation maintenance and repair; however, this funding is being utilized for other purposes. Facility conditions directly impact the safety, health, and morale of the community as well as affecting long term cost effectiveness. Recommendations: a. Each garrison should identify and prioritize infrastructure repairs through the preventive maintenance plan. b. DA should obligate funds and ensure that infrastructure repairs are executed annually based on established preventive maintenance plans. Workgroup recommendation is to forward.

Workgroup II - Family and Force Support *Facilitator: Jeffrey Winston* **1. BAH for pregnant single Soldiers** Scope: Pregnant single Soldiers are required to vacate unit barracks by the eighth month of pregnancy. Army regulations state that Soldiers are not authorized to apply for BAH until they are out of the barracks. This 30-day gap causes financial hardship because of upfront out-of-pocket housing costs such as security deposit, rent and moving expenses. Recommendation: Allow Soldiers to apply and/or receive BAH at the beginning of the eighth month to prevent financial burden. Workgroup recommendation is to forward. **2. CAC card issuance** Scope: Currently customers are experiencing three to seven hour

delays when acquiring a card. Lengthy delays affect all service members, civilian employees, family members, contractors and retirees causing a significant amount of productivity loss and lowering morale. Recommendation: Increase the efficiency of the system so that CAC cards can be obtained in less than one hour. Workgroup recommendation is to forward. **3. Family housing for single pregnant Soldiers** Scope: Single pregnant Soldiers are required to vacate the barracks by the eighth month of pregnancy. Soldiers may request family housing prior to birth but it is only granted at the discretion of the commander. This issue was addressed in 1989, however this policy still allows commanders to make decisions based on personal values and this could burden the Soldier. Recommendation: Create a regulation change that entitles single pregnant Soldiers family housing prior to the birth of the child. Workgroup recommendation is to forward.

Workgroup III - Housing and Relocation *Facilitator: Sonia Flanigana* **1. Clearing family housing** Scope: There is a perception that Soldiers must hire a cleaning crew to clear family housing. The assumption is that "self cleaning" might not pass inspection. Therefore, many Soldiers feel pressured to pay an installation cleaning team to clear quarters. This causes undue stress and financial hardship on military families. Recommendations: a. At the pre-inspection, the inspector should present all cleaning options equally. If hiring a cleaning team after a failed inspection, the cost of the service should be based on only the areas that failed the inspection. b. Government pays for cleaning quarters; residents are only required to "wipe, sweep and go." Workgroup recommendation is to forward. **2. Shuttle bus issues on Aberdeen Proving Ground** Scope: Limited shuttle bus service needs to be expanded to, from, in and around the installation and surrounding communities for family members and DoD civilians. Service would improve morale, quality of life and independence of family members, Soldiers and DoD civilians. Recommendations: a. Conduct survey to determine routes of shuttle bus. b. Enhance availability to include family members and DoD civilians to local train/bus stations, area shopping and restaurants; Commissary, PX, gym, health clinic, theatre and chapel. c. Charge a nominal fee of \$2 to help offset costs. Workgroup recommendation is to resolve at APG **3. Cost of keeping pets in temporary lodging** Scope: Pets are allowed in temporary lodging, but cost is a financial hardship. Four units are set aside for pets at the cost of a \$100 nonrefundable fee plus \$5 per day per pet. Fees do not take into account the type of pet, the length of stay or condition of room upon departure. Recommendations: a. Change the \$100 fee to a \$100 deposit that is refundable upon room inspection; prorate fee into cost of stay and add \$5 fee per night for additional pets. b. Create a self-serve kennel area on post near temporary lodging. Workgroup recommendation is to resolve at APG.

Workgroup IV - Medical *Facilitator: Helen Parke* **1. Sick call for permanent party Soldiers** Scope: Kirk U.S. Army Health

Clinic Memorandum #42, paragraph 4b, currently states that Advance Individual Training Soldiers have preference over all others during sick call. Permanent Party Soldiers need to be triaged and treated by medical need and not by status. The sick call policy for Permanent Party Soldiers at Kirk U.S. Army Health Clinic needs to be updated because these Soldiers are not receiving equal medical treatment during sick call. Recommendations: a. Update policy to reflect triage and treatment to be based on medical need not status b. Establish and post sick call hours for permanent party personnel. c. Ensure clinic staff is trained to implement and enforce new policy. Workgroup recommendation is to resolve at APG. **2. Child care for doctor appointments** Scope: Per KUSAHC Policy #19, children without appointments are not allowed in the treatment rooms. Patients are unaware of their options beyond the Child Development Center. Care currently costs \$3.50 per hour per child, which can be cost prohibitive. Recommendations: a. CDC provides list of names and numbers of FCC providers when hourly care at CDC is unavailable. b. Reduce CDC and FCC child care costs for medical appointments. Provide voucher to be validated in clinic upon arrival and departure to verify clinic appointment and prevent abuse. Workgroup recommendation is to resolve at APG. **3. Accuracy of Health Net referral Web site** Scope: Detailed information regarding specialty care doctors is not accurately reflected on Health Net referral website. Information is not current or does not contain details about a specialist's subspecialty area like pediatrics or adult medicine. Specialists are listed as TRICARE providers that no longer accept TRICARE. Accurate and detailed information about specialists will reduce time and frustration when searching for a specialty doctor. Recommendations: a. Add a hyperlink to webmaster on every specialist's page so when outdated information is encountered,

it can be addressed. Therefore a person seeking a specialty provider can easily report inaccuracies thus decreasing steps to update Web site. b. Update Web site on a more frequent basis, deleting doctors that do not accept TRICARE and adding information regarding whether a PCM is a pediatric or adult care specialist. Workgroup recommendation is to resolve at APG. **Workgroup V - Youth Services** *Facilitator: Gail Stone* **1. Hours of operation** Scope: Inconsistent center closing times cause confusion and transportation issues on Monday, Friday and Saturday nights. Recommendations: a. Center should stay open until 8 p.m. on Mondays. b. Centers should stay open until assigned closing times on Fridays and Saturdays. c. Establish guidelines for Youth Center early closing procedures. Workgroup recommendation is to resolve at APG. **2. Additional activity space** Scope: Not enough activity space at the Edgewood Youth Center. Additional activity space will provide more choices and reduce crowding. Membership will grow with increased activity space. Recommendation: Convert second administrative office to additional activity space. Workgroup recommendation is to resolve at APG. **3. Creation of APG Teen Panel** Scope: Past AFAP issues have not been resolved due to a lack of communication and follow through on the part of the staff and youth. Issues are not followed up on, youth enthusiasm is lost, therefore membership declines. Recommendations: a. Create joint Edgewood and Aberdeen Teen Panels. b. Teen Panels should meet monthly with assigned staff. c. Teen Panel should meet quarterly with Child & Youth Services management staff d. Meeting minutes will be forwarded through the chain of command to the garrison commander. Workgroup recommendation is to resolve at APG.

Facts about AFAP

- AFAP was the brainchild of Army spouses.
 - Each AFAP success story originated as an idea that someone decided to pursue.
 - The Army is the only branch of DoD that has such a program.
 - Almost 500 issues have entered the AFAP in its 17-year history.
 - Many AFAP improvements impact quality of life for all services.
- AFAP is year-round. Issues are continually being monitored and worked toward resolution at local levels, major commands and Headquarters Department of the Army.
- Gives commanders a gauge to validate concerns and measure satisfaction.
 - Enhances the Army's corporate image.
 - Helps retain the best and brightest.
 - Results in legislation, policies, programs and services that strengthen readiness and retention.
 - Safeguards well-being.
- Some AFAP success stories**
- Service members' Group Life Insurance increased from \$50,000 to \$200,000.
 - Basic Allowance for Housing increased by 11 percent -- part of a plan to eliminate out-of-pocket housing costs by 2005.
 - A Military Savings Plan was authorized.
 - AER provides grants in overseas locations to assist with financial aid for spouses to pursue undergrad, vocation/technical, high school completion, and English as a Second Language studies.
 - A DOD Reserve Component family member ID card was established.
 - A vehicle can be stored at government expense when a Soldier is reassigned to an area where shipment isn't authorized.
 - Family Separation Allowance was increased from \$75 to \$100 per month.
 - TLE was authorized for first-term enlisted personnel and is being pursued for first-term officers.
 - Family Support Groups were institutionalized.
 - Programs like Army Family Team Building and Better Opportunities for Single Soldiers were born.
 - Informational and interactive Web sites have been established to address retirement information and planning, employment opportunities and application, and enlisted Soldier assignments.



Taking OTC medications without injury

Story by
DOROTHY LOPEZ
Kimbrough Ambulatory Care Center

Over-the-counter medications — the kind purchased without a doctor’s prescription — play an important role in almost everyone’s well-being. By alleviating symptoms and common ills, they allow self treatment of many medical problems and health nuisances. But OTCs contain powerful ingredients that can harm if misused.

The U.S. Food and Drug Administration determines whether medicines are prescription or non-prescription. The term prescription refers to medicines that are safe and effective when used under a doctor’s care. Non-prescription, or OTC, are medicines that the FDA decides are safe and effective for use without a doctor’s prescription.

The FDA also has the authority to decide when a prescription drug is safe enough to be sold directly to consumers over-the-counter.

What to look for when purchasing

OTC medications

- Product—the name of the medication.
- Active ingredients—the therapeutic substances in the medicine.
- Purpose—the product category (such as antacid, cough, or antihistamine).
- Uses—symptoms or illnesses the product will treat.
- Warnings—when not to use the product, when to stop taking it, and possible side effects (for example, may cause dizziness).
- Directions—how much to take and how to take it.

Use of OTC medications

- When using self-medication products, the individual bears primary responsibility for use of the product. Special caution must be exercised when vulnerable groups such as children, elderly and pregnant women use self-medication.
- Carefully read a product’s label and leaflet (if provided), seek further advice if necessary, and recognize the



circumstances in which self-medication is not appropriate. Individuals who choose the OTC method should recognize the symptoms they are treating, be able to determine that their conditions are suitable for self-care, be able to choose appropriate medication products, and be able to follow directions for use of the product as provided in the product instructions.

Shelf life of OTC medications

- Check medicine supply at least once a year. Throw away any medicines that are past the expiration date.
- Always store medicines in a cool dry place and not the medicine cabinet in the bathroom.
- Keep all medications in their original containers.
- Never take medication in the dark.
- When it comes to medicines, more does not necessarily mean better. Never misuse OTC medicines by taking them longer or in higher doses than their labels recommend.

Symptoms that persist are a clear signal that it is time to see a doctor.

- If after reading a label there are still questions, talk to a pharmacist.
- Never call medicine candy to get children to take it. If they come across medicine on their own, they are likely to remember that it was called candy.

Drug interaction

- Avoid alcohol if taking antihistamines, cough or cold products, or drugs that treat sleeplessness. Do not drive or operate heavy equipment if a medication can cause drowsiness.

This is not a complete list of information; always read the label. Drug labels change as new information becomes available.

Over-the-counter medications don’t just make a person feel better, they can make life better when used appropriately.

(Editor’s note: Dorothy Lopez works in Health Promotion at Kimbrough Ambulatory Care Center, Fort George G. Meade, Md.)

AAFES restricts purchase medicines containing Dextromethorphan

AAFES

Dextromethorphan, or DXM, is a common cough-suppressing ingredient contained in more than 140 over-the-counter cough and cold medicines. When taken as directed and used properly, DXM is safe, but recent media reports and research indicate abuse of DXM is becoming more of an issue than previously thought.

While there is not yet a legal requirement to flag products with this ingredient, as of Jan. 24 AAFES has voluntarily limited sales of products with DXM to customers over the age of 18.

A message on the cash register will alert

cashiers to verify the age of the person buying products with DXM.

Customers can still find cough and cold medicines with DXM in the Health and Beauty Care department of their BX/PX. The only difference customers will encounter will be at checkout.

“AAFES wants to be proactive when it comes to the health of military service members,” said Maggie Burgess, AAFES senior vice president of Sales Directorate. “It is our hope that monitoring DXM sales will ensure our military families are not susceptible to abuse.”

Understanding a closed Medical Records Room concept

KUSAHC

A closed Medical Records Room at Kirk U.S. Army Health Clinic protects the patient and their medical information and, also, improves accountability and adherence to standards set by the Joint Commission on Accreditation of Health Care Organizations.

It ensures the medical readiness of active duty service members and accurate insurance billing and coding of medical records.

The Department of Defense policy is defined in AR 40-66. Patient privacy of medical information is protected in accordance with the Health Insurance Portability and Accountability Act.

“A patient’s medical information will remain current providing the health care providers with current medical information and serve as a tool in monitoring performance improvement,” said Lt. Col. Patrick C. Barrett, deputy commander for Administration.

If a service member is undergoing a permanent change of station, the service member must bring a copy of their orders to the Medical Records Room and sign a release of

information. The medical record will be forwarded to the next duty station via certified mail.

If the service member is going overseas, they will be allowed to take their medical record with them.

If the family is not going with the service member to the next duty station or is not living near a military treatment facility, the family can sign a release form and put in a request for a copy of the medical record.

If the family is going to accompany the service member the medical record will be mailed to the next duty station. Patients are asked to request copies of medical records at least six weeks in advance of the move and copies of their medical records will be mailed.

Medical records will be retrieved by staff members for all appointments at KUSAHC.

In the event patients need their medical record or portions thereof for civilian specialty appointments, the Patient Administration Office will copy pertinent information. If possible, allow four to six weeks notice for copying of complete medical records.

Adding weights to workouts

Story by
LISA J. YOUNG
CHPPM

The activities performed every day, such as carrying groceries or picking up a child, require muscle strength and endurance.

Although aerobic activities are effective for developing cardiorespiratory fitness, most aerobic activities have little influence on muscular strength.

The American College of Sports Medicine recently recommended that adult fitness programs include moderate to high-intensity resistance training.

In addition to developing muscular strength, resistance training increases lean muscle mass, improves the strength of connective tissue, and increases bone mass. Other health benefits include reductions in body fat, modest reductions in blood pressure, improved lipid profiles and possible injury prevention.

The key factor to successful resistance training at any level of fitness or age is appropriate program design. Supervision by a qualified professional is essential to prevent injury and to maximize health and performance benefits. Exercise instruction should include proper technique, breathing, and use of equipment, along with goal-setting and progress-evaluation.

The primary goal of the program should be to develop total body strength, endurance and mobility in a relatively time-efficient manner. Strength can be maintained in only one session per week and gains can be made with as little as two sessions per week. Each session need not be long. In fact, programs lasting longer than one hour per session are associated with increased injury.

The ACSM recommends that resistance training be done two to three days per week. The program should include one to three sets of 8 to 12 repetitions. Exercises should focus on the major muscle groups of the upper and lower body, including:

- The trunk (or core) for stabilization and maintaining good posture.
- Hips and legs for lifting and climbing.
- Shoulders for overhead pressing movements.
- Chest for pushing activities.
- Arms for lifting and carrying.

The main types of resistance training are free weights and machines. Both types have advantages that should be considered in determining the resistance training program.

Free weights



Safety: Risks involved with using free weights include being hit by, tripping over, or being trapped under a weight.

Whole body training: Free-weight exercises are often performed in the standing position with the weight supported by the entire body. This helps promote bone mineralization. Moreover, the movement of a free weight requires muscles to work in stabilization as well as support.

Simulation of real-life activities: The lifting and acceleration of objects represent major parts of sports and other physically demanding activities encountered on a daily basis. The lifting of free weights involves the more natural coordination of several muscle groups.

Machines

Safety: The main safety risk when using machines is getting a finger caught in a chain, cable, or stack of weights.

Design flexibility: Machines can be designed to provide resistance to body movements that are difficult to resist with free weights (such as hip adduction and abduction, hip flexion).

Ease of use: People who fear they lack the coordination to lift free weights safely feel confident when using machines. It is quicker and easier to select a weight by inserting a pin in a stack than by mounting plates on a bar.

Whether training using free weights or machines, resistance training should be included as a very important part of any exercise program. Adding weights to a workout helps improve strength, endurance, and overall health and provides variety to any training program.

Treating fitness injuries with R.I.C.E.

Story by
SANDRA NORCROSS
Moncrief Army Community Hospital

Acronyms are often used in the military and in medicine to help remember a number of things. In this case, “R.I.C.E.” is not a food but an acronym for first-aid treatment for most soft tissue injuries, like sprains, strains, “pulls” and bruises.

While the best means of dealing with sports injuries is prevention, accidents do occur. Knowing what to do first in the event of these kinds of injuries can help prevent further damage and help speed recovery. For most soft-tissue injuries, the first-aid treatment is R.I.C.E. — Rest, Ice, Compression and Elevation.

Rest

Rest means restricting movement. As soon as pain is experienced pain, activity should stop. This does not necessarily mean stay in bed all day. It means eliminating or minimizing performing the activity or activities that aggravate the injury. Resting an injury for the first few days, helps stop excess bleeding (internal and external) and will promote healing of damaged tissues without complications.

Ice

Ice is an excellent and simple method to control the inflammation that occurs with an injury. Simple techniques are the ice massage or ice pack. An ice massage is done for 5 to 10 minutes (until the area is numb). It is made by pouring water into a paper or Styrofoam cup and putting it in the freezer. The paper or Styrofoam is removed about one inch from the top and the ice is rubbed over the injured area. An ice pack is a zip lock or garbage bag with ice in it. This should be applied for about 20 minutes. Ice techniques are usually done two or three times a day, as long as the injured area is swollen, warm, hot or painful.

Compression

A compression wrap should be applied any

time the limb is swollen or may swell. It should be applied so that the wrap is tighter at the farthest point of the extremity away from the body and gets less tight moving closer toward the core of the body.

For example, for a swollen ankle, start the wrap near the toes and move towards the lower calf. The tightness is greatest at the toes and looser at the base of the calf. Compression helps to reduce swelling and blood flow to the injured area. While compression wraps should be tight enough to restrict blood flow, they should not cut off blood flow altogether. If toes or fingers begin to feel numb or lose their color, loosen the bandage.

Elevation

Elevation reduces internal bleeding and “pooling” of blood in the injured area, and helps blood return to the heart more easily. To be most effective, the injured area should be elevated above heart level. Keep the injured area elevated whenever possible, not just during “icing.” Elevation also helps eliminate pain by reducing the “throbbing” sensation caused by blood coursing to the injury site.

R.I.C.E. is very effective. However, if some improvement in the soft tissue injury is not seen within five to seven days after diligently using the principles of R.I.C.E., call and make an appointment with a health-care provider. Never hesitate to call for an appointment if a more serious injury is suspected.

For more information, visit the U.S. Army Center for Health Promotion and Preventive Medicine Web page, <http://www.chppm.com>, <http://www.hoah4health.com>, the American College of Sports Medicine Web page, <http://www.acsm.org>, or contact the local health-promotion coordinator.

(Editor’s note: Sandra Norcross works in the Department of Preventive Medicine at Moncrief Army Community Hospital, Fort Jackson, S.C.)

LEAVE DONATION

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM

630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Michele Amrhein
Sarah Blevins
Jeanie Bowman
Gerald Brown
Robert Brown
Lisa Carroll
Leroy Carter
Barbara Cascio
Barbara Crossley
Lola Daniels
Shelia Davison (benign paroxysmal positional vertigo)
Dawn Dean-Delbridge
Lawrence Eaton

Ashley Fisher
Gregory Fox
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Susan Gorhan
Shirley Gross
Melanie A. Hoffman (parasinusitis, fibromyalgia condition)
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